

# FOR IMMEDIATE RELEASE

## Chronic Pain Report 2025: Most Patients Use Medical Cannabis Daily and Report Reduced Reliance on Prescription Pain Medications

— **October 21, 2025** — Green Health Docs today released topline findings from its *Medical Marijuana & Chronic Pain — 2025* patient survey, offering a national snapshot of how adults living with long-term pain are using medical cannabis and how it relates to prescription medication use and quality of life.

### Key Findings (patient survey, N=1,450)

- **Long-duration burden:** **51.5%** report **10+ years** living with chronic pain; **39.3%** report **3–10 years**.
- **Daily use is common:** **72.7%** use cannabis **daily** for pain; **15.7%** use it **several times/week**.
- **Perceived effectiveness:** **72.4%** rated cannabis **8–10/10** for pain relief.
- **Medication changes:** After starting cannabis, **35.0% stopped all** Rx pain meds; **14.8% stopped some**; **11.6% reduced dose/frequency**; **18.0%** reported **no change**.
- **Quality of life:** **55.5%** reported **significant** improvement; **30.6%** reported **moderate** improvement.

### Quote

“Chronic pain remains a daily reality for many older adults. Our data suggest multimodal care—including non-opioid options—can reduce reliance on opioids while improving quality-of-life outcomes.”

### Press Kit & Resources

- [Reporter Resource Center](#)

- [Full Press Kit \(ZIP\) with charts](#)
- **Related posts:**
  - Medical Marijuana & Chronic Pain Survey — <https://greenhealthdocs.com/medical-marijuana-and-chronic-pain-survey/>
  - Painkillers vs. Medical Marijuana for Chronic Pain Management — <https://greenhealthdocs.com/painkillers-vs-medical-marijuana-for-chronic-pain-management/>

## Methodology

Cross-sectional online survey of U.S. adults living with chronic pain, fielded March–August 2025. Responses were weighted by age, sex, and region to approximate national distributions. Measures included pain duration/severity, cannabis use patterns, perceived effectiveness, changes in prescription pain-medication use, and perceived long-term sustainability. See methodology PDF for details and limitations.

## Attribution

Please credit: “**Source: Green Health Docs, Medical Marijuana & Chronic Pain — 2025 patient survey (N=1,450).**”

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## About Green Health Docs

Green Health Docs is a physician-led organization that helps patients explore safe, legal alternatives to traditional pain medications. We provide evaluations, education, and support to patients and caregivers seeking evidence-informed approaches—including medical cannabis where permitted by state law. Our mission is to improve quality of life while promoting responsible, clinician-guided care.